

# Banana Oat Muffins

**Makes:** 12 Servings

Add bananas to your oat muffins. Combine oat circles cereal and bananas for these delicious muffins.

## Ingredients

- 2 cups** oat circles cereal (crushed)
- nonstick cooking spray
- 1 1/4 cups** flour
- 1/3 cup** packed brown sugar (or 1/3 cup regular sugar)
- 1 teaspoon** baking powder
- 3/4 teaspoon** baking soda
- 2** medium ripe bananas (mashed)
- 2/3 cup** 1% milk
- 3 tablespoons** vegetable oil
- 1** egg

## Directions

1. Preheat oven to 400 degrees F.
2. Spray 12 regular-sized muffin cups with nonstick cooking spray, or line cups with paper muffin cup liners.
3. Mix cereal, flour, brown sugar, baking powder, and baking soda in a large bowl.
4. Add bananas, milk, oil, and egg.
5. Stir just until moistened.
6. Divide batter among 12 muffin cups.
7. Bake 18 to 22 minutes until golden brown.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>160</b>
Total Fat	11 g
Saturated Fat	1 g
Cholesterol	15 mg
Sodium	170 mg
Total Carbohydrate	27 g
Dietary Fiber	2 g
Total Sugars	11 g
Added Sugars included	N/A
<b>Protein</b>	<b>3 g</b>
Vitamin D	N/A
Calcium	70 mg
Iron	3 mg
Potassium	N/A
N/A - data is not available	

## Notes

You may use 2 to 3 bananas for this recipe.

**Source:** Recipe adapted from General Mills.